

ABSTRACT OF THE DISCLOSURE

The present invention provides a video system for use in extreme sports videography, particularly skydiving. The video system includes a remote video head disposed on the headgear of a user in communication with a video camera
5 disposed in a body pouch selectably attachable to the body of the user or an item being worn by the user. A remote video head extension cable is provided to connect between the remote video head and the video camera disposed in the camera body pouch whereby the video signal being captured by the remote video head is transmitted to the camera disposed in the camera body pouch for
10 recording.